

METRO FOCUS ON
ACTIVISM!

Why we're marching

Learning from Trump's favourite new adversary John Lewis how to make 'good trouble'
Plus The most radical solution to despair may be to take democracy seriously **metroVIEWS**



Halifax metro



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Your essential daily news | THURSDAY, JANUARY 19, 2017

High 2°C/Low -3°C Cloudy



FAN-TASTIC

Mooseheads experience dubbed amongst sports best, website says **metroNEWS**

Get ready to walk on water, Halifax

QUEEN'S MARQUE

Construction on boardwalk leads to novel solution



Zane Woodford
Metro | Halifax

Big change is coming to the Halifax waterfront over the next three years, but those in charge say they're trying to keep public disruption to a minimum.

Construction officially began this week on the Armour Group's Queen's Marque project, the 10-storey, 450,000-square-foot development atop the area historically known as Queen's Landing — which runs along Lower Water Street, bordered by George Street and Prince Street.

The project is expected to take three years and means the boardwalk between George and Prince streets will be removed. Waterfront Development Corporation announced plans Wednesday to create a temporary floating

boardwalk in its place.

"We know that, putting our minds to it, we can frame this in a very positive way," acting president and CEO of Waterfront Development Corporation, Jennifer Angel said.

"The boardwalk was one way we thought we would be able to ensure minimal disruption to the pedestrian walkway that is the waterfront."

The boardwalk will run from about two thirds up the Cable Wharf, where Murphy's on the Water is located, to the end of the North Museum Wharf, where CSS Acadia is docked. Angel said the boardwalk will be made up of a number of floating docks which will be "more akin to walking on land than water, although you'll be pretty close to the water, which is, we think, a pretty interesting experience in itself."

Angel said the corporation is also creating a "robust, and we think, interesting, way-finding signage program" to guide people around the waterfront, changing as construction moves along.

Waterfront Development Cor-

poration — which is owned and funded by the Nova Scotia government — announced Wednesday it's adding another \$1.8 million to its contribution to the project for a total of about \$6.5 million.

That money is going towards the floating dock, moving the kiosks that had been on that portion of the boardwalk, and for site preparation and remediation. Asked why the developer doesn't pay for site preparation and remediation work, Angel said the corporation is contractually obligated to prepare the site as part of its 99-year land lease with the Armour Group.



Crews rip up the former waterfront parking on Wednesday. JEFF HARPER/METRO

Making a New Year's Resolution?



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Dementia patients tell their stories through art

CULTURE

Exhibit helps those affected by Alzheimer's find themselves



Yvette d'Entremont
Metro | Halifax

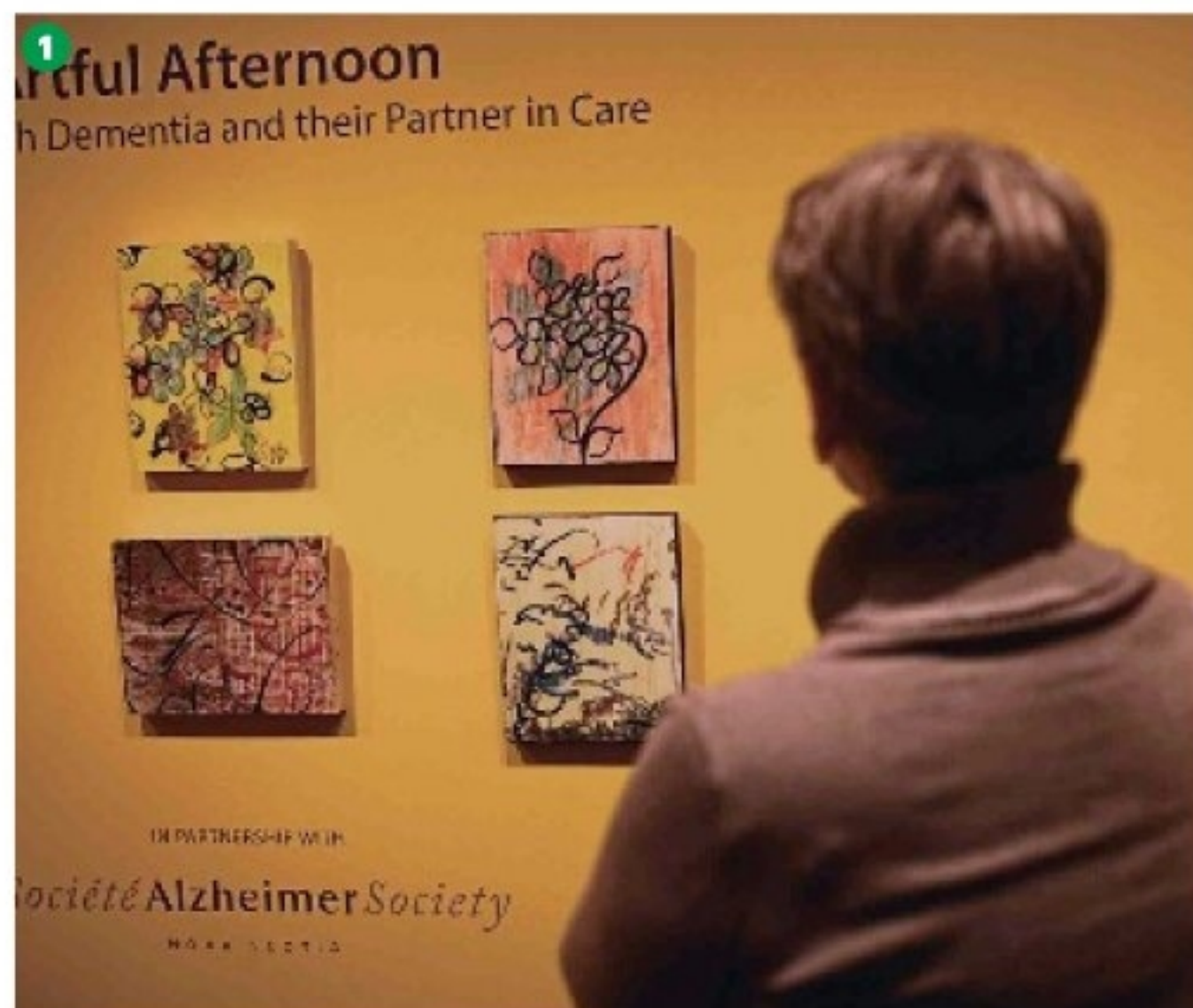
With its latest exhibit, the Art Gallery of Nova Scotia will for the first time feature artwork created by people with dementia and their caregivers.

Dale Sheppard, curator of education and public programs at the AGNS, said a wall panel quote beside the Artful Afternoon exhibit, opening Thursday night, best sums up the sentiment of those who contributed:

"Art belongs to everyone. Everyone has the opportunity to be who they are when they make art," said one participant.

Artful Afternoon is a partnership between the AGNS and the Alzheimer Society of Nova Scotia. Since 2014, the art appreciation program has offered monthly workshops with professional artists for people with dementia and their caregivers.

Participants have tried painting, sketching, sculpting and felting. This is the first time a selection of the



program's artworks will be exhibited in the gallery.

Bess Forrestall is the latest artist and art educator working with program participants and oversaw the work on display.

"Often we hear that after they leave Artful Afternoon, (people with dementia and their partners) will continue

talking about what they did days after they attended," said Linda Bird, director of programs and services with the Alzheimer Society of Nova Scotia.

"It's a safe environment where people come together, and often you don't know who has the disease and who doesn't ... Partners often say that they leave their caregiving at the door. They're just a couple again and they're enjoying an afternoon out."

Bird said the disease can be socially isolating for families, and programs like Artful Afternoon bring joy and a sense of community to participants who still face stigma.

"People don't talk about it, so one of the great things about this exhibition is to get people going by, noticing, reading, talking about it, talking to their families, getting them to know the signs, getting them to participate in programs like this that give quality of life and dignity



1 Linda Bird looks over the Artful Afternoons installation at the Art Gallery of Nova Scotia on Wednesday.

2 One of the paintings in the Artful Afternoons installation at the Art Gallery of Nova Scotia.

PHOTOS JEFF HARPER/METRO

back to people," she said.

"When they're (participants) in the gallery it's amazing. They'll look at an art work and start to tell stories about their past," Sheppard said.

"The art work is a way to help start conversations and discussions and also to recall memories that they may not have thought about. The artwork and the visuals and the discussions can trigger some interesting ideas from the past."

SUNNYSIDE MALL

Indecent phone call freaks out employee



Philip Croucher
Metro | Halifax

A store employee in Bedford says she was so "freaked out" by a disturbing phone call, she needed to be escorted out after her shift ended.

The worker, who wishes to remain anonymous, said she received a phone call Tuesday while working at a store in Sunnyside Mall from a man who claimed he was inquiring about making a return. According to the woman, the male caller began talking about masturbation.

"I got freaked out," said the employee. "It was weird."

She told Metro another employee escorted her to the parking lot when her shift was over that day, since she was so disturbed. Security also walked out another woman, she said.

The woman said her store was one of five at the mall contacted by what they believe to be the same man on Tuesday. She claimed the other four stores also had female employees.

Another woman who emailed Metro about what happened at Sunnyside said the man asked one female employee to stay on the line "until he finishes."

Later Tuesday afternoon, the same situation is believed to have happened at a business in Dartmouth Crossing.

Halifax Regional Police spokeswoman Const. Dianne Penfound could only confirm a complaint of a harassing phone call being made to an employee at a business in Dartmouth Crossing's Hector Gate around 4:30 p.m. Tuesday.

It's amazing. They'll look at an art work and start to tell stories about their past. Dale Sheppard

HEALTH

Dalhousie research could give cardiac patients a new beat on life

A Dalhousie Medical School researcher has made a discovery that could open the door to new treatments for cardiac patients.

Dr. Alex Quinn, in collaboration with researchers in the U.S., the U.K. and Germany, has shown for the first time that scar tissue in damaged parts of the heart can still connect

electrically with healthy tissue.

"Up until now what the understanding has been is that scar blocks electrical activity, and we've now shown that basically that is not always the case," explained Quinn.

This is important, Quinn said, because it suggests the potential to "steer" scar cells, or to teach them to do what

cardiologists want.

One of the next steps is to understand why and under what circumstances the scar cells electrically connect.

"After you have a heart attack you get scars, and then you can get arrhythmias or other heart failure problems," he said.

"If we can teach (the cells),

then after you have a heart attack we can tell your scar cells to be electrically connected and that may prevent arrhythmias, it may improve pump function. Basically, it opens the potential for new treatments for people who've had a heart attack."

Although such treatments are still a long way off, Quinn

said the discovery is an important one.

"It's early days and we're maybe a long way off from it being something where you're popping a pill to do that," he said. "But I think it has opened the door and other people are going to jump on this ship, that's for sure."

YVETTE D'ENTREMONT/METRO

+ PUBLISHED

The finding by the team of researchers that included Dr. Quinn was published last month in the journal *Proceedings of the National Academy of Sciences of the United States of America*.

Magic of the movies in hospital

HEALTH

Theatre to entertain patients and their families



Haley Ryan
Metro | Halifax

The big screen is coming to the largest children's hospital in Atlantic Canada.

The IWK Health Centre has announced that Cineplex, in partnership with the hospital and the IWK Foundation, will be transforming the O.E. Smith Auditorium into a new theatre where patients and their families can watch movies and other entertainment.

"It just seems to be such a great fit ... to be able to offer this escapism to people who need it most," Pat Marshall, Cineplex spokeswoman, said Wednesday about being first approached by the hospital.

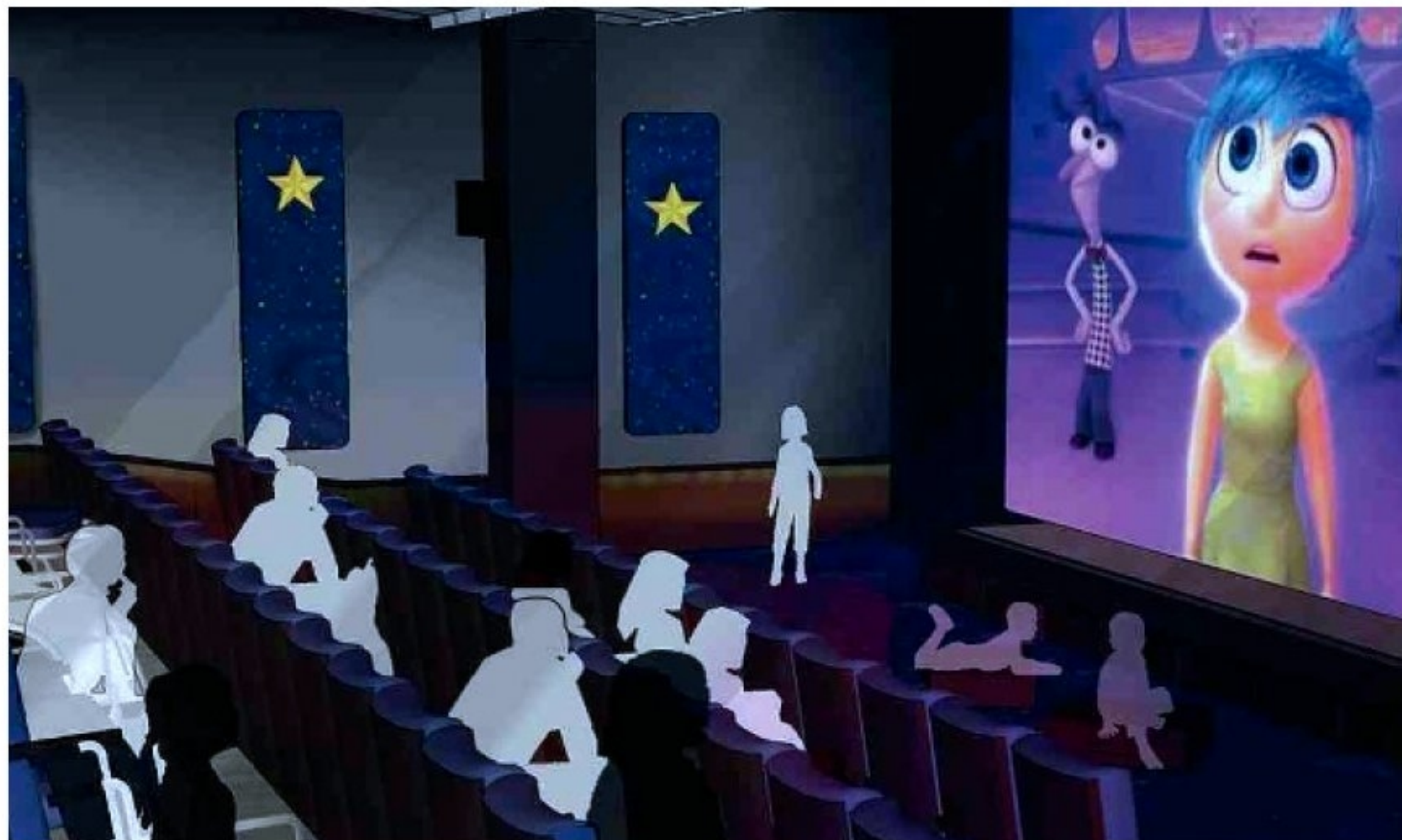
The movies will be free for patients and their families, and the new theatre is scheduled to open in May.

Marshall said the new theatre will hold 121 seats, and most importantly be "super flexible" to adapt to patients who may be in wheelchairs, stretchers, or beds.

The layout could change depending on what's needed at the time, Marshall said, but it will likely be a combination of seats and open spaces so staff can "set it up accordingly."

Marshall said the new space is more like a special event theatre that can be used for movie screenings, since it will also host meetings, lectures and presentations for the hospital and IWK Foundation.

There will be a lot of new audio-visual technology used for movies and educational as-



A rendering of the Cineplex theatre that will be built this year in the IWK hospital in Halifax. CONTRIBUTED

+ PRICE TAG

Numbers on how much the project will cost aren't being released yet, but Cineplex says details will be shared when the theatre opens.

pects, Marshall said, and they will "certainly be looking" at adaptations for kids that are hearing or visually impaired. Just as in a public cinema,

Marshall said, patients and families will be able to see new releases via the Cineplex Store, which holds thousands of titles.

"The hospital will be programming it ... if they wanted to do a chick night or a Valentine's special they could have some movies that fit that genre, or if they wanted a scary night around Halloween," Marshall said.

"They're only going to be limited by their imagination to come up with themes."

Marshall said the IWK's theatre will be the first of its kind in Atlantic Canada, and while Cineplex has been involved with a couple others in Ontario, this is the first they've lent their name to.

And what about movie snacks?

When asked if there would also be a concessions stand, Marshall said "you'll have to wait and see."

"But really, popcorn and movies go hand in hand," she added with a laugh.



IWK's theatre will be the first of its kind in Atlantic Canada.

METRO FILE

SAVOUR FOOD & WINE FESTIVAL <p>902-429-5343 Ext. 1</p> <p>For Tickets Visit savourfoodandwine.com</p> <p>*Must be 19+ to attend events</p>		imbibe THURSDAY January 26th, 2017 7:00pm - 9:30pm World Trade and Convention Centre \$55.00 + HST 	DECADENCE CHOCOLATE WINE CHEESE THURSDAY February 9th, 2017 7:00pm - 9:30pm Prince George Hotel \$55.00 + HST 	Rose & Fine Wine Tasting FRIDAY February 24th, 2017 7:00pm - 9:30pm Compass Room, Casino Nova Scotia \$119.00 + HST General Admission \$169.00 + HST Premium 	CRAFT BEER COTTAGE PARTY SATURDAY February 25th, 2017 7:00pm - 9:30pm Halifax Seaport Farmers Market \$60.00 + HST General Admission \$75.00 + HST Premium 	SAVOUR FOOD & WINE THURSDAY March 9th, 2017 7:00pm - 9:30pm World Trade and Convention Centre \$85.00 + HST General Admission \$99.00 + HST Premium 	DINE AROUND THE FLAVOURS OF NOVA SCOTIA Showcasing Nova Scotia product and creativity. Dine Around offers menus at participating restaurants for \$35 to \$45 per diner. Visit our website for full details, or book directly with restaurants. Available Feb. 1st to Mar. 15th, 2017
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Halifax Mooseheads forward Nico Hischier, left, gets ready to fire a shot during a QMJHL game at the Scotiabank Centre in October 2016. JEFF HARPER/METRO

Recognition for home of the Herd

RANKINGS

Scotiabank Centre high on review website



Zane Woodford
Metro | Halifax

Hey Halifax, have you Herd the news? The stadium-ranking-and-

reviewing website scout.com's section called Stadium Journey, ranked the Halifax Mooseheads experience at the Scotiabank Centre in the top 100 in North America — at 39th out of 761 stadium experiences it reviewed in 2016.

That puts Halifax at No. 2 in Canada, behind only the Winnipeg Jets' MTS Centre, and No. 4 out of hockey teams on the list, behind Winnipeg, the Minnesota Wild's Xcel Energy

Center and the Minnesota Golden Gophers Mariucci Arena at the University of Minnesota.

The list also puts Halifax ahead of such legendary venues as New York's Madison Square Garden and Chicago's Wrigley Field. Stadium Journey's top 100 list praises the Scotiabank Centre for being "located in the heart of downtown, offering excellent options for the game day experience."

"One can spend the day ex-

ploring the sights of the Historic Properties, admiring artefacts at the Maritime Museum, and enjoying local crafts at the Seaport Farmers' Market, the longest continually run farmers' market in North America," it says. "Dining options are seemingly endless and within walking distance of the arena."

In the site's full review of the arena, it scored 4.6 out of five stars, including five out five in the atmosphere, neighbourhood

761

Total number of stadiums reviewed by Stadium Journey of scout.com.

and fans categories.

The big upgrades made to the arena in 2015 — new seating, new food, new washrooms — seem to have boosted the scores,

with the reviewer noting the new seats are "a much needed upgrade over the old hard orange metal seats that were falling apart." While the ranking might seem like good news for the Herd, a tongue-in-cheek press release from the team says No. 39 isn't good enough — and it's considering legal action.

"This is an outrage," says Mooseheads business operations vice president Brian Urquhart in the release.

Some of the big-name venues Halifax beat out



TORSTAR NEWS SERVICE FILE

#42 TORONTO RAPTORS, AIR CANADA CENTRE

"The Raptors are putting together an elite league experience and Jurassic Park is becoming a bucket list item."



GETTY IMAGES FILE

#53 NEW YORK RANGERS, MADISON SQUARE GARDEN

"Madison Square Garden is an arena that is just loaded with tradition. You don't get the title The World's Most Famous Arena for nothing."



USA TODAY SPORTS FILE

#69 DALLAS COWBOYS, AT&T STADIUM

"It is a one of a kind stadium that leaves expressions of amazement on the faces of fans as they walk in for the first time."



GETTY IMAGES FILE

#91 CHICAGO CUBS, WRIGLEY FIELD

"The ballpark continues to be fitted with modern day amenities, but still holds its historical appeal."

ZANE WOODFORD/METRO

MEDIA

Herald, union back to bargaining table

An unfair labour complaint against the Halifax Chronicle Herald has been adjourned, as the striking workers and the company say their lawyers have met to discuss further bargaining.

The news company says in an emailed release that the editorial workers requested the delay in the hearing.

The Halifax Typographical Union says it and the company are seeking to renew negotiations, after lawyers from both sides met for informal discussions.

The union has been on strike since Jan. 23 of last year. Fifty-five workers have continued to

picket and to operate the on-line news site Local Xpress.ca.

Ian Scott, the Herald's chief operating officer, says the company and the union last met for conciliation on Nov. 4, and he is pleased the union is focusing on bargaining.

The union says in a news release that it agreed to have the Nova Scotia Labour Board adjourn an unfair labour practice complaint against the company, putting off the hearing until next month.

The union news release says the editorial workers hope informal talks have "laid the groundwork for meaningful negotiation." THE CANADIAN PRESS



Halifax DIGEST

HALIFAX/DARTMOUTH Two on drug charges

A man and a woman are facing drug charges after police say they seized crack cocaine and a replica handgun from a home in Halifax.

According to Halifax Regional Police, officers stopped a vehicle in the area of Highfield Park Drive and Victoria Road in Dartmouth on Jan. 13, and arrested three people.

The stop led to a search warrant taking place in the 2000 block of Isleville Street in Halifax, where police allege they found the crack cocaine, gun and drug paraphernalia.

Maurice Sinclair Parris, 28, and a 25-year-old woman, who police haven't identified, are each charged with possession for the purpose of trafficking in cocaine.

Parris was also in court Monday on charges of breaching his probation.

METRO

DARTMOUTH Not the sharpest tool

Around 12:30 a.m. Wednesday, Halifax Regional Police officers noticed a man acting suspiciously on a path near Charlottetown Way in Dartmouth.

According to a release, the man was carrying a whipper snipper, saw kit, grinder sander kit and work gloves.

He was put under arrest for possession of stolen property and taken into custody without incident.

Patrol members later found the owner of the items at a residence on Bowser Avenue.

Investigators searched a residence off Charlottetown Way and found what are believed to be even more stolen items.

Drew Anton Carter, 47, has been charged with breaking and entering and is scheduled to appear in court Wednesday. METRO



Shell's decision to cut back on offshore drilling along Canada's east coast worries analysts. THE CANADIAN PRESS/AP-DANIELLA BECCARIA

'It doesn't look good' for offshore projects

ENERGY

Oil giant Shell confirms it's abandoning two wells

Shell's decision to seal two exploration wells off Nova Scotia has set back the province's dream of offshore riches, but analysts say it's early days in what may prove to be a complex geological hunt.

Wade Locke, a resource economist at Memorial University, says Shell's confirmation this week it's abandoning

the Monterey Jack well — along with news its Cheshire deep-water well did not have commercial quantities of oil — is not a confidence-booster.

"It doesn't look good. That's not a good sign," he said in a telephone interview from St. John's, N.L.

Back in 2003, optimism abounded that as the plays in shallower waters such as the Sable Offshore Energy Project wound down, the efforts in deeper waters would yield oil and keep royalties flowing and jobs on rigs and research vessels.

The provincial government enthusiastically unveiled a

strategy titled "Seizing the Opportunity."

"New offshore projects would set the stage for new industrial developments, and offer opportunities for exporting the surplus," it predicted.

But Locke, who has observed the East Coast industry for decades, says much has changed over the past decade.

He says higher oil prices are needed to encourage deepwater offshore projects, with long-term prices of \$80 to \$90 per barrel as a realistic benchmark for offshore developments, rather than current prices of about \$55.

The distances from shore

+ DRILL DOWN

No more wells this year: Stuart Pinks, the chief executive of the Canada Nova Scotia Offshore Petroleum Board, said "it would appear unlikely" there will be further oil exploration in N.S. in 2017.

of more than 200 kilometres and the technical challenges of drilling in waters over two kilometres deep raise the costs and complexities of the projects as well, he adds.

THE CANADIAN PRESS



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Why Canada is sending immigrants back home

LAW

Permanent residency revoked over non-compliance

An average of about 1,400 Canadian immigrants are intercepted at the border each year and ordered removed from the country for not fulfilling their residency obligations, Torstar has learned.

Although these newcomers can appeal to a tribunal to restore their permanent resident status, only one in 10 succeeds, according to government data. "The tribunal is supposed to be immigrants' last resort as the Parliament has given it the discretionary power to give immigrants a second chance if they breach the law," said immigration lawyer Lawrence Wong, who obtained the data through an access to information request.

"But that second chance in reality is hard to come by. The national sentiment is pretty much the same. If you are an



Canada's immigration law requires permanent residents to be physically present in Canada for at least 730 days in every five-year period. COURTESY GOVERNMENT OF CANADA

1,423

Average number of Canadian immigrants who are intercepted at the border each year and ordered removed from the country for residency non-compliance.

immigrant, don't make a mistake. If you do, we want to see you kicked out."

Canada's immigration law requires permanent residents to be physically present in Canada for at least 730 days in every five-year period in order to maintain their status. Otherwise, their residency will be revoked.

According to the Canada Border Services Agency, on average 1,423 permanent residents a year were stopped at the border for failing the requirement from 2010 to 2014, the most recent

statistics available. During the period, Canada accepted some 260,000 newcomers annually.

The number of removal orders issued against these individuals had risen sharply to 1,413 in 2014 from 605 in 2008, when former Conservative Immigration Minister Jason Kenney cracked down on fraud.

Across Canada, Quebec had the highest detection rate; more than a third of the removal orders were issued in the province.

Between 2008 and 2014, a total of 3,575 immigrants were

slapped with removal orders for residency non-compliance at Pierre Elliot Trudeau airport in Montreal, dwarfing the 439 and 972 people respectively intercepted at Toronto's Pearson airport and the Vancouver International Airport.

The numbers do not include those who had their permanent residency revoked due to criminality and misrepresentation, who were refused travel documents to return or who voluntarily relinquished their permanent residence. TORSTAR NEWS SERVICE

INDIGENOUS AFFAIRS

Boyden appearance cancelled in Edmonton



Jeremy Simes
Metro | Edmonton

A scheduled appearance by Joseph Boyden in Edmonton, Alta. has been cancelled after hearing concerns from local indigenous elders about the author.

Boyden, who was scheduled to present at the city-sponsored Winter Cities Shake-Up conference in February, came under fire in December after an investigation by the Aboriginal Peoples Television Network (APTN) questioned his claims of indigenous

ancestry.

The Winter Cities Shake-Up will showcase Edmonton's winter-city strategies. Boyden, who was to share stories of winter, was scheduled prior to APTN's investigation.

But Boyden will nonetheless be coming to Edmonton. The author is scheduled to speak at an Edmonton Public Library event on April 27.

Tina Thomas, the library's executive director of strategy and innovation, said officials discussed whether to cancel, but quickly decided Boyden will still speak.

Mayors gather to face fentanyl crisis head-on



Stephanie Taylor
Metro | Winnipeg

Canada's big-city mayors will gather in Ottawa this week to tackle the growing fentanyl crisis.

Mainstreet/Postmedia released a poll that surveyed 6,103 Canadians in ten cities about whether they would approve the opening of a supervised in-

jection site.

The majority of respondents in seven of the ten cities said they would approve of such sites, while those surveyed in Regina and Saskatoon said they would not.

Calgary was the only city to tie, with 41 per cent for each the 'approve' and 'disapprove' category, while 19 per cent of other respondents were unsure.

QUEBEC

Trudeau angers anglophones in town hall

Quebec's deep-rooted linguistic tensions flared up in unlikely fashion Wednesday as Prime Minister Justin Trudeau was forced to explain why he refused to answer questions in English at a town hall meeting.

The controversy erupted when Trudeau answered English ques-

tions in French on Tuesday night — including one about how English speakers could get help to access to mental health services.

"Thank you for using our country's two official languages, but since we're in Quebec I'll respond in French," Trudeau told a woman at a town hall meeting

in Sherbrooke.

His unilingual performance drew an angry response from groups that represent Quebec anglophones, with some calling on the prime minister to apologize for showing what they called disrespect toward the English speakers in the audience.

Asked whether the English-speaking people in the audience Tuesday night did not deserve to understand him, he replied: "I maybe could have answered partly in English and partly in French and, on reflection, it would have been a good thing to do."

THE CANADIAN PRESS



Justin Trudeau visits a restaurant Wednesday in Granby, Quebec. RYAN REMIORZ/THE CANADIAN PRESS

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Help where it's needed most

INDIGENOUS ISSUES

Strategy aims to support those who are tough to employ

Damon Johnston admits his organization made a number of mistakes when it launched Mother Earth Recycling, a Winnipeg-based social enterprise that aims to help tough-to-employ indigenous peoples.

He hopes that others don't make the same errors and thinks a federal initiative might help deliver more than business acumen to indigenous organizations looking to tap into a new and growing method of funding social programs.

Internal documents show the government wants to create a social finance strategy specifically for indigenous peoples. Johnston said that strategy would have to focus on helping startups acquire the business knowledge needed to run a company and address wider concerns around raising capital.



Aboriginal Council of Winnipeg President Damon Johnston thinks a federal initiative might help indigenous organizations looking for a new way of funding social programs. LYLE STAFFORD/FOR METRO

Johnston said the barriers to expansion of the number of aboriginal social enterprises are higher because of indigenous peoples' historic lack of participation in the economy, making the potential benefits of a targeted social finance strategy that much greater.

"Social financing and social enterprise and co-op development — all of those things — what they mean to us or represent to us is a better way to work with us as indigenous peoples," said Johnston, president of the Aboriginal Council of Winnipeg, which

owns Mother Earth Recycling. "There's more of a sharing of the wealth created in those types of ventures, so that's why it's attractive. It's also more in line with our historic values, the way we like to do things." Mother Earth Recycling is an example of how a social

enterprise can help urban indigenous Canadians.

Launched in 2012, the company employs about 10 First Nations people, who Johnston said could be described as hard to employ: they may have criminal records, disabilities, mental health issues, little or no work experience.

Mother Earth began recycling electronics and last year expanded to offer low-cost mattress recycling through a partnership with furniture retailer Ikea — along with help from the Manitoba government and City of Winnipeg.

Social financing can take on a number of forms, but is designed to connect private investors with an organization to deliver a social program. Federal funding flows only if the program meets a set of measurable benchmarks, such as the number of people employed or improvements in essential skills.

The approach shifts the financial risk to investors from taxpayers and can open the door to more innovative ways of delivering social services.

THE CANADIAN PRESS

ECONOMY

Trump effect warning

The Bank of Canada is warning there will be "material consequences" for the economy if protectionist policies under U.S. president-elect Donald Trump come to fruition.

The central bank released its latest monetary policy report on Wednesday, offering its first updated forecasts and broad economic assessment since the November election victory by Trump, who will be sworn in Friday.

It also held its benchmark interest rate at 0.5 per cent, as expected, though central bank governor Stephen Poloz later told a news conference later that a rate cut "remains on the table."

The quarterly document was published amid bleak warnings from experts about the potential fallout for Canada from Trump's promised policies. Leaders around the world have been scrambling to gauge what shape Trump's changes could take as well as when - and if - they will be implemented.

THE CANADIAN PRESS

TRADE

U.S. seeks equal shelf space for wine in B.C.

The sale of B.C. wines in some of the province's grocery stores is being challenged by the United States government as a breach of Canada's commitments to the World Trade Organization.

The American government says the decision to allow only

B.C. wines to be sold in grocery stores is damaging to U.S. wine makers.

U.S. Trade Representative Michael Froman says the province's regulations provide a substantial competitive advantage for B.C. wines.

"American winemakers pro-

duce some of the highest-quality, most popular wines in the world. When U.S. wine producers have a fair shot at competing on a level playing field, they can compete and win in markets around the globe," Froman said in a release.

The U.S. has sent a letter

to the Canadian government asking for consultations as a first step in trying to resolve the dispute.

If that fails, the U.S. says it may request that the WTO establish a dispute settlement panel.

THE CANADIAN PRESS

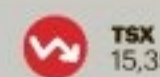
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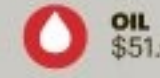
DOLLAR

75.42¢ (-1.16¢)

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DOW JONES: 19,804.72 (-22.05)



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outthink

LUKE SAVAGE ON CHANNELLING DESPAIR



When dark clouds gather on the political horizon, I believe the most radically constructive thing anyone can do is to take democracy seriously.

If there was a dominant emotion among my friends, family, acquaintances, and coworkers on the morning of November 9th, 2016, it was most definitely despair.

The surprising victory of Donald Trump — which defied the predictions of all the supposed experts, pollsters, and political professionals — felt like a sudden kick to the solar plexus right before a desperately needed gasp of air. It wasn't our country, of course, but even the most disinterested among us immediately knew politics was soon going to feel a lot more present in our daily lives whether we liked it or not.

Cynicism about politics is as common as white bread. But cynicism is by its very nature a passive thing. Despair can be visceral and even painful. That the sheer ugliness of a figure like Donald Trump could prevail in an election to lead the world's most powerful country has evinced something more potent than cynicism, even among people usually uninterested by politics. The same questions have seemed to be on everyone's minds ever since: How do we respond? What can we do? What can I do?

When dark clouds gather on the political horizon, I believe the most radically constructive thing anyone can do is to take democracy seriously.

If this sounds like a simple cliché or truism, consider how much we've seen democracy decline — here in Canada, in America and around the world — over the past few

decades.

More and more, our politicians have preferred to speak like managers rather than leaders, demoting themselves to ever more passive roles, and preferring to tinker and administer rather than take up the hard work of building a better society. They've

campaigns have increasingly become expensive set-pieces that offer people an ever narrower range of choices, albeit wrapped in shinier and shinier packaging.

As this process has unfolded whole communities have been transformed, as if by some invisible hand. In

to control or shape our own lives. The democratic idea that politics has any collective moral purpose, let alone the notion it can be used by regular people to influence the courses of their own lives, has been steadily and catastrophically eroded.

All this breeds a cynicism that can easily fester into despair. In at least one sense, then, Trump's election didn't produce the despair that followed in its wake so much as force it out into the open.

But amidst such despair, there can be signs of hope.

My own sense of resignation and dread in the days and weeks following Trump's victory slowly gave way to a cautious feeling of optimism. And it wasn't the comforting (and in retrospect, naive) optimism my younger self had felt exactly eight years earlier after the last transformative U.S. election. Instead, it was the feeling that people's collective shock and outrage, coupled with a sense that many things badly need to change, might actually reinvigorate democracy.

It's easy to forget that politics don't begin and end when we vote in an election every few years. They're around us every day in our cities, workplaces, neighbourhoods, communities and social movements — conducted not by political professionals but by regular people, often strangers, forming ad hoc coalitions and campaigning for progress and change, large and small.

This process, more than anything else, is what feeds democracy and compels political elites, willingly or otherwise, to take it seriously.

It's the only thing that ever has.

Luke Savage is a Toronto-based writer whose work has appeared in *Maisonneuve*, *Jacobin* and on CBC radio. He works at the Broadbent Institute. On Twitter: @lukewsavage



Hundreds of Berliners climb on top of the wall at Brandenburg on Nov. 11, 1989. When people unite to fight for freedom and democracy, political despair can eventually give way to jubilation. It has happened before. THE ASSOCIATED PRESS FILE

brought in PR consultants to write their scripts, let pollsters and focus groups — rather than good arguments or values — dominate their decision-making, and turned public engagement into a marketing exercise. Election

former industrial hubs like Ontario and Michigan, towns founded on making and building things shed jobs and wealth almost overnight. City cores are fast becoming too expensive for their own workforces to actually live in and badly paid retail and service work is increasingly taking the place of the factories and workshops that once were.

In the midst of the jarring political, social and cultural changes of recent decades — virtually all of them accompanied by encouraging slogans about economic growth and new technology — very few among us have developed a greater sense of being able



VICKY MOCHAMA

How to keep the fires burning?

The most notable thing about John Lewis isn't that he used to work with Martin Luther King or that he has recently become the president-elect's favourite new punching bag.

It's that he's still protesting.

In June last year, Lewis led Democrats in a 25-hour sit-in on the floor of the House of Representatives over a gun-control bill. Fifty-two years after Lewis and hundreds of others were violently attacked by police while crossing the Edmund Pettus Bridge in Selma, he is still getting into what he calls "good trouble."

Sustaining that kind of activist passion for half a century isn't easy. If the work of campaigning for change wasn't hard enough, activists then struggle with compassion fatigue, poverty and mental health.

At a certain point, the work becomes all-consuming — and not in the best ways. In the book "What's the Point of Revolution if We Can't Dance?" dozens of activists speak candidly about their challenges.

Says one: "Who tells us when it's too much? Where to go after, and beyond activism ... when our identity is so tied up with being an activist? And where is the space to go? To go home?"

Burnout can push people away. Friends of mine who started their careers in the charitable and activist sectors ended up quitting. Not

because they didn't love the work or want to change the world; they simply could no longer bear it.

Of course there are structural fixes to be made. Workplaces can modify their structures and policies. Donors and governments can develop more predictable funding cycles (money, and the lack of it, is an ever-present stress).

Many of the movements that have caught our attention in the last few years were not driven by professional activists. The women of Idle No More, the black queer youth of Black Lives Matter, the citizens of the Standing Rock Sioux — they had taken time from their paying jobs and put in energy outside of work hours.

But after the public spotlight, it is these campaigners who will be left with the social, financial and emotional scars of their moment. Maintaining any gains and preventing losses will require self-care.

For those who demand radical change, self-care is a radical act. It is recognizing that political wins can have personal losses.

It takes an incredible amount of courage to speak up and speak out. It takes even more to know when to step back from the microphone.

This is the kind of self-love and resiliency that has kept John Lewis on the frontlines of protest.

ACTIVIST WISDOM It's fundamental!

"Some of the most profound understandings about our world emerge from ordinary people coming together and organizing for change. Collective forms of activism and organizing can be incubators for ideas and alternative visions that question the status quo, lead us to better understand the root causes of problems and also help us to think through, the possibilities and ways to make change."

Prof. Aziz Choudry, author of *Learning Activism: The Intellectual Life of Contemporary Social Movements*

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PHILOSOPHER CAT
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HOPE IS NOT THE
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SOMETHING WILL
TURN OUT WELL BUT
THE CERTAINTY THAT
SOMETHING MAKES
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INTERVIEW

The bestseller who dabbled in bondage and cannibalism

Sue Carter
For Metro Canada



Cartoonist Joe Ollmann first discovered William Seabrook's biography in a zombie anthology 11 years ago, and was instantly taken. Seabrook — the American who is credited with introducing the word "zombie" into contemporary culture with his 1929 bestselling book *The Magic Island* — was a he-man adventurer who travelled with the Bedouin.

He also hung out with various intellectuals and artists of the era, including Gertrude Stein, Man Ray and Aldous Huxley.

But the more Ollmann dug into the details of Seabrook's life, the more salacious the details got. He discovered an unrepentant alcoholic with an equally unrepentant and sadistic penchant for bondage.

Oh, and he once tried cannibalism.

"It's not the aberrations that interest me so much as it is his honesty in writing about them," says Ollmann, who is

from Hamilton, Ont. "In a very repressed time during the '30s and '40s, this guy's writing openly about bondage and cannibalism for major publishers and places like *Ladies Home Journal*. People hide their weirdness and he never did."

For five years, Ollmann read everything about and by Seabrook he could get his hands on, including his first book, *Adventures in Arabia*, about his time living in the Middle East, and *Asylum*, which chronicles Seabrook's voluntary stay in a mental hospital for alcoholism.

"He had this crazy fascinating life but no one knows about him," says Ollmann, who then spent another five years dedicated to researching the writer's life for his new graphic novel, *The Abominable Mr. Seabrook*.

While gathering background information, Ollmann travelled to the University of Oregon, which houses the archives of Seabrook's second wife, novelist Marjorie Worthington.

In her writings and letters, Ollmann discovered a harsher side of the man, which doesn't appear in his own books.

"He tells his stories very blithely, and puts it in these very humorous terms," Ollmann says.

"Her perspective is much

darker. I didn't want to portray him as all bad, but there is a lot of bad to be said. It is hard to live with a person who is an alcoholic. He never showed it but other people did, so it was only fair for me to show it, too."

One of the inadvertent effects of working on *The Abominable Mr. Seabrook* was that Ollmann himself quit drinking.

While labouring away in his home studio at night, Ollmann would keep a bottle of whisky or cognac on hand for sipping, and although he stopped mostly for health purposes and not directly because of Seabrook: "I was constantly writing and drawing him drinking. There are so many pictures of him drinking because it was so much part of his story," he says. "I got sick of drawing and showing someone ruining their life with booze."

Seabrook died in 1945 from taking an overdose of sleeping pills — by which point his work was basically forgotten.

Ollmann speculates that Seabrook's downfall was in part due to his alcoholism, but also because, later in life, he gave up his adventurous ways, settling down in the Hudson Valley to present teatime talks to social groups.

His is a cautionary tale indeed, but Ollmann — who recently illustrated the covers and wrote introductions



for reissues of Seabrook's *The Magic Island* and *Asylum* — really wants people to discover the man's writing.

"His first books are wonderful, adventure-travel books," Ollmann says. "He wrote about

trashy subjects but he wrote about them smarter than you would have expected."

Sue Carter is the editor at Quill & Quire magazine.

COMIC BOOKS

Millennial rage taken to its very limit

Kill Or Be Killed

By: Ed Brubaker and Sean Phillips

Publisher: Image Comics
\$9.99; 128 pages

Mike Donachie
Metro | Canada



Young? Angry? Feeling a lack of control over your life? Then try this on for size.

In *Kill Or Be Killed*, Brubaker and Phillips — the team behind comics masterpieces like

Criminal and *Fatale* — take millennial rage to its limit, with added murder.

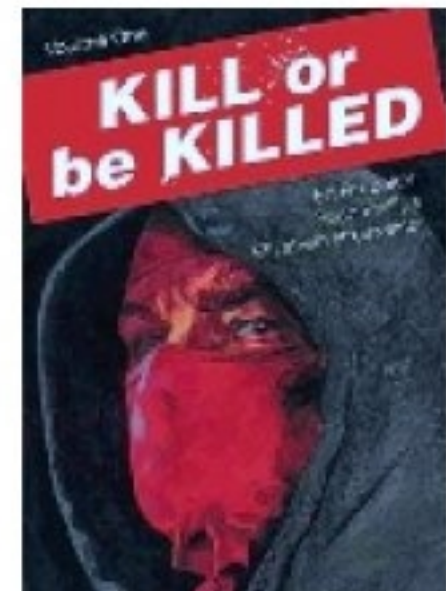
Dylan is a college student and his life isn't good. At his lowest ebb, he attempts suicide, but is saved by a demon and he rediscovers a will to live. But there's a twist — to stay alive, he has to kill people. A lot.

The book, playing out as slowly and deliciously as its creators' other sequential successes, plays with the idea of vigilantism as Dylan earns a month of life for every life

he takes.

We're accustomed to the idea that, if you're a one-dimensional character with an origin story and a pile of money, you can dress up in a Halloween outfit and beat up bank robbers in the street. But what happens when you have real neuroses and relationships, and being a vigilante starts to eat away at your life like acid? This is quite a book.

And it's a thriller, too, because it's Ed and Sean. A monthly treat, collected here for the first time.



PEN NOMINEES ANNOUNCED

Railroad rolls over critics

Colson Whitehead, winner of the National Book Award for his novel *The Underground Railroad*, is a finalist for a new \$75,000 prize given by the literary and human rights organization PEN America.

Whitehead's story of a young runaway slave is among five nominees for the PEN/Jean Stein Book Award. Other finalists include Jane Mayer for *Dark Money: The Hidden History of the Billionaires Behind the Rise of the Radical*

Right, Teju Cole for *Known and Strange Things*, poet Tyehimba Jess for *Olio* and Hisham Matar for *The Return: Fathers, Sons and the Land in Between*.

The Stein award is given for "a book-length work of any genre for its originality, merit, and impact." PEN also announced finalists in nine other competitive categories, from best science and sports writing to the \$25,000 PEN/Robert W. Bingham Prize for best debut fiction.

THE ASSOCIATED PRESS

Music's patron saint of activism

INTERVIEW

Why icon Buffy Sainte-Marie is still making a social impact

ACTIVISM!

Buffy Sainte-Marie has told the stories of outliers and underdogs throughout her career and organizers at the Juno Awards say it's time to recognize the singer's contributions to the community.

The four-time Juno winner and social activist will be this year's recipient of the Allan Waters Humanitarian Award, an honour reserved for Canadian musicians who've left a positive social impact.

The Canadian Academy of Recording Arts and Sciences says Sainte-Marie "exemplifies the essence of humanitarianism" with her dedication to protecting indigenous communities.

She's also provoked conversation through songs like her 1964 anti-war peace anthem Universal Soldier.

Sainte-Marie also founded the Nihewan Foundation for Native American Education in 1969, a non-profit initiative to improve education and awareness of the cultures.

"A long time ago I figured out I have enough money to probably have three meals a day for the rest of my life," Sainte-Marie says. "So I wanted to put my money to work early."

Speaking from her Hawaiian home, Sainte-Marie talked about nonprofits and protest songs.

You've been a tireless voice for causes throughout your career, but fewer people know about why you created the Nihewan education foundation. How did it happen?

Before I was ever a singer I was a teacher. I got my teaching degree (and) a degree in Oriental philosophy. Because I had a personal interest — and the advantage of a scholarship about indigenous issues — that probably had something to do with it. (The feeling) has stayed with me always through my career, going in and out of the aboriginal community ... building a bridge between cultures.

You've been a voice for the indigenous community but it's never fully defined your career. Did you pursue a balance that also factors in your pop and folk influences?

I've had over 50 years of that kind of double perception, which is very nice for me. I think my real work has been in the realm of thought. I really feel as though ... I've changed the way some people think about war, alternative conflict resolution and indigenous issues. I did it early and I've done it consistently because I really do care.

With Donald Trump headed to the White House do you expect more protest songs to emerge from discontent gestating in some communities?

I wish. There were a lot of people in the Civil Rights movement who just showed up because it was the popu-

lar thing to do. It became "hip" to seem like you were part of that. There are a lot of people, for instance, who go to Standing Rock and confuse it with Burning Man. My question to all the other great songwriters in the world is: Where are your protest songs? Now that Donald Trump is (elected) are you going to start writing them now? I mean, where was your protest song last year? And the year before? Some people are consistently aware of the world and trying to share their best contributions. Other people just show up when somebody's handing out free gifts at the party.

Are you writing any new material?

I'm working on an album that should be out sometime this year called Medicine Songs. (It's) grouping real positive songs like, Carry it On, We Are Circling, Star-walker, together with my best-known protest songs about contemporary issues.

What inspires you to stay motivated to keep writing?

Kind of depends on where I am. When I'm in Hawaii it's just nature. I live with a lot of animals and plants and nature is "vitamin green" for me. I also have a double life. I'm home for two weeks, I'm on the road for two weeks. What motivates me are the same things that motivated me in the beginning. I respond to the world, I fall in love like everybody else. I see things that need change and I think the world is always ripening.

THE CANADIAN PRESS

There are a lot of people who go to Standing Rock and confuse it with Burning Man. Buffy Sainte-Marie on modern social justice campaigns



Buffy Sainte-Marie will be the first indigenous woman to win the Allan Waters Humanitarian Award at the Junos in April. HANDOUT

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JOHANNA SCHNELLER **WHAT I'M WATCHING**

Few dry eyes on fond farewell tour

THE SHOW: Barack Obama's farewell tour (Youtube)
THE MOMENT: The tears

There was the moment when Barack Obama, in one of his final acts as US president, surprised his vice-president, Joe Biden, with the Presidential Medal of Freedom. The aide whom Obama asked to read the citation was young and female (he's always been savvy).

"In a career of public service spanning nearly half a century," she began, Biden has "fought for a stronger middle class...combated violence against women...and safeguarded [America] from corruption."

It was both a sincere tribute to Biden and a subtle nose-thumb to the guy being sworn in on Friday, who has not served, and may not safeguard.

There was the medley of gospel songs in the ABC special *Taking the Stage*, (Jan. 12): His Eye is on the Sparrow, Stand, Heaven (I'm Going There). Most African Americans in the



Malia Obama watches on as her mother and father embrace moments after Barack's emotional tribute to Michelle during his Chicago farewell speech. NICHOLAS KAMM/AFP/GETTY IMAGES

audience, including the Obamas, knew every word — a reminder of the common language that Black churchgoers share.

But my favourite was the moment Obama turned to his wife during his final address, in Chicago.

"Michelle," he said, and paused to let the crowd cheer.

He held her eyes throughout. She mouthed, "Love you," but didn't let herself cry.

He cried, though. He was never shy about crying. His voice broke on this line: "You took on a role you didn't ask for and you made it your own, with grace and guts and style and humor."

Watching him, I thought,

"That is a man. That is what a man looks like." His country didn't always make the most of him. But we were lucky to have him.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

BOYS DO CRY

A seismic shift has occurred in the political landscape where showing emotion in public is no longer seen as a sign of weakness in a leader. Metro looks at the number of times U.S. President Barack Obama has shed tears in public, as well as U.S. Vice President Joe Biden and Prime Minister Justin Trudeau.

GRAPHIC BY ANDRÉS PLANA

NUMBER OF TIMES CAPTURED CRYING



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MUSIC

Tip dips into political pool

Rapper Tip (T.I.) Harris's recent foray into politically-charged commentary might surprise those best familiar with his rousing hip hop party anthems recorded when he was still known as T.I. But the Atlanta-born performer, who changed his stage name from T.I. to Tip in the fall of 2015, insists his social statements didn't come out of nowhere.

Chart hits like *Whatever You Like* and *Bring Em Out*, as well as VH1 reality show *T.I. and Tiny: The Family Hustle*, made him one of hip hop's biggest celebrities. But he says there's more to his work.

"My music has always been inspired by things that go on around me," the rapper says.

Yet he certainly amped up his political statements with the release of his latest album *Us or Else: Letter to the System*, an unforgiving look at racism, police brutality and other injustices.

Amid a Canadian tour that arrives in Edmonton on Thursday and Calgary on Friday, Tip spoke about his stronger political voice.

Fans might be surprised that you've emerged as a vocal opponent of Donald Trump's politics when some others in the hip hop community have shied away from the subject? I don't want to be premature with my skepticism. There

are some remarks that are being made and stances taken that do concern me. I don't think it has much to do with the presidency, it's just more (Trump's) style, demeanour and his temperament. The things he finds appropriate to say in regards to his opinions of other people. Those things are a bit disheartening.

But you took your opinions on Trump directly to your Instagram account, saying that he was trying to gain favour by meeting with black celebrities?

I see what's going on and I'm just speaking as I see it necessary. I'm not speaking to them. They're going to do what they

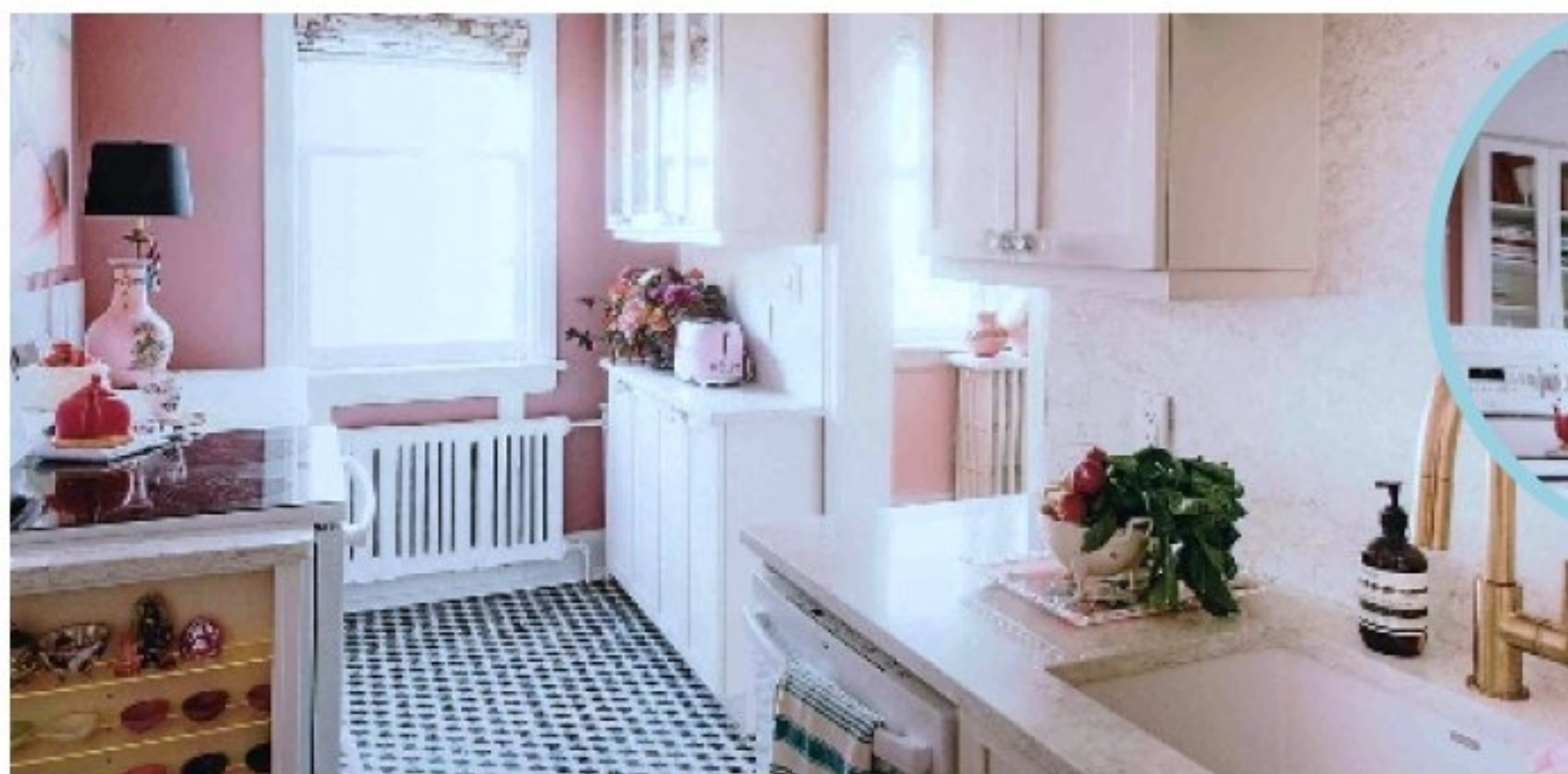
want. I'm more so concerned by the people who follow behind, the people who they influence. I think it's important to make people aware that there are strategic tactics that are formulated by the powers that be to try and manipulate the mind of the public. I'm not even against people sitting down and talking, figuring out what to be done to further the advancement of relations — a firsthand opportunity — that's fine. But all of the coming out (after the meeting) and taking pictures, I think ... it's trying to give people too much faith in what's not enough work.

Do you find other people in the hip hop community are talking about politics more?

Nah, man. My inner circle, perhaps, but not people in general. You know, for the most part people ... are listening to things that are the furthest away of anything political. Like *Bad and Boujee* (by Georgia rapper Migos) or *Black Beatles* (by Mississippi duo Rae Sremmurd). Ya know what I'm saying? I think it's a natural response for the human brain to want to avoid painful circumstance. You have to force yourself to go towards pain. That's going to be a much narrower path. THE CANADIAN PRESS



Rapper Tip Harris (T.I.). AP FILE



"I want my eyes to dance in three places in a room," says designer Tiffany Pratt, pointing to a "rock and roll floor," oversized artwork and a patterned Roman blind in her newly renovated kitchen. TARA MCMULLEN

A touch of pink

MAKEOVERS

Designer's kitchen reno shows off her colourful style

Vicky Sanderson
For Torstar News Service

Tiffany Pratt's small kitchen is pink, pretty and well-planned.

With her signature tangerine tresses, wildly sparkling fingernails and flowing dresses in riotous florals, the designer and stylist is clearly not afraid of colour.

So it's not a surprise that

pink is a major element in the kitchen makeover she undertook in her 1920s-style home in Toronto. Interestingly though, the pale, pretty shade she picked (Behr Marquee's Duchess Dawn) did not kick-start the design.

"It was the very last thing I chose," says Pratt. "What we were going to do with the walls was up for grabs right until the last moment."

The starting point for the reno, which was done in collaboration with Home Depot, began with considering how the space would be used, an especially important exercise in a small-footprint kitchen.

"Small kitchens need to function. So the dishwasher

and the oven door have to be able to open without interfering with one another," explains Pratt, who suggests starting any kitchen design with a thorough walkthrough of the room with those details in mind.

"I am a touch, taste, feel type of designer. At the start of a project, I am in there pretending I am opening doors

and seeing how it all works," she says.

Pratt's biggest complaints about her own kitchen (seven feet wide by 14 feet long) were a lack of storage and counter-top space. To carve out extra inches, she decreased the size of the sink and ran Shaker-style cabinets by Thomasville to the full height of the room.



I spend my days fixing other people's spaces. Doing my own kitchen had got pretty far down the list.

Tiffany Pratt, on her old kitchen

To create a seamless look, she chose the marble-patterned Silestone (in Lusso) for both the countertop and backsplash.

Pratt settled on affordable all-white appliances by GE because the look is "very European, and I did not want a stainless-steel show."

Finishing touches included a brushed gold faucet and crystal door hardware, which add a modern twist on old favourites, and the unexpected placement of a large piece of artwork and a black table lamp on a counter-top beside the stove.

Culling kitchen paraphernalia, says Pratt, was an essential part of the redo.

"I went through all the small

things piece by piece and asked myself if I really need three colanders and 5,000 spatulas."

The finished space, says Pratt, is a true reflection of her brand, which she describes as "high style on a budget."

"I think people can have beauty in their lives without having to pay too much, and I don't believe that the most expensive is always the best," she adds.

Her other design advice? "Home decorating is not a race. Maybe you do the backsplash and then wait awhile for the next step. It should be a journey. It's less about trends than it is about following the things that make you happy and bring you joy."

GARDENING

You're going on vacation, but what about your plants?

Winter, especially early winter, is a good time of year for gardeners to travel. Houseplants now are most tolerant of neglect and, if we plan a little, they can even thrive in our absence.

Lack of water is the major threat to neglected plants. But you know how long your plants can go between waterings. So if your trip to Florida is for eight days and you've been watering your schefflera every five days, just give the plant a thorough soaking and then add a little extra water to its saucer. The plant will be fine.

If you're skipping off for a one-month tour through Brazil, you better do something more with your houseplants before you leave.

The key to plant survival, in this case, is either to supply water to the plants, to decrease their water needs, or a little of both.

Keeping your plants supplied with water

This can test your ability to cajole friends, relatives or neighbours. But beware of entrusting plant care to those unfamiliar

with your plants' peculiarities; my cyclamen needs water every few days, while some of my succulents go all winter without a drop of water.

I use inexpensive automatic watering devices if my absence is to be longer than two weeks. A cotton rope, with one end buried in the soil and the other end dipped in a pan of water, will wick water to drying soil.

Another device, slightly more expensive but also more reliable, consists of a hollow, porous ceramic cone with one end of a long, flexible tube sealed into its

lid. The cone and the tube are filled with water. They're sold as "plant watering stakes" or "plant watering cones."

Decrease water needs

Plants have little holes in their leaves, called stomata, which let gases in for photosynthesis and let water out (transpiration). Moving a plant from a bright window to a dimly lit corner decreases photosynthesis, so stomata stay closed more often, and transpiration decreases.

Left too long without enough light, however, plants get starved

+ CAUTION

None of this advice applies to succulents, which include cacti and other fleshy plants such as jade plants and sedums. These plants thrive on dry conditions.

for energy (which comes from photosynthesis) and leaves turn sickly and yellow.

Transpiration is how to keep plants cool. Lowering the air

temperature will decrease plant transpiration and, hence, water use. This fits well with a traveller's needs: No need to keep your house warm while you're away on vacation.

Yet another way to slow transpiration is to raise the humidity around your plants. I cluster plants together and fill their saucers with a shallow depth of water. For a longer vacation, I drape clear plastic, such as a cut-open dry-cleaning bag, over the plants. Sticks poked into the soil keep the plastic off plants' leaves. THE ASSOCIATED PRESS

New York Rangers forward Chris Kreider has been fined \$5,000 for ripping off Stars forward Cody Eakin's helmet and hitting him in the head with it

Building a legacy

NFL PLAYOFFS

Falcons QB Ryan has the statistics but not the rings

Matt Ryan knew the question was coming.

There are four quarterbacks still standing in the NFL playoffs. Only one has failed to win a Super Bowl title.

Any guesses who that might be?

"Yeah," Ryan said dryly, pointing toward the questioner with a big smile, breaking the room up.

With his greatest season, Ryan has guided the Atlanta Falcons within two wins of their first Super Bowl title. It's a tantalizing chance to fill the most glaring hole on his resumé, to take care of the one thing that separates him from New England's Tom Brady, Pittsburgh's Ben Roethlisberger and Green Bay's Aaron Rodgers.

Ryan might be the favourite to capture the MVP award, too. But chances are he won't be considered a truly elite quarterback, the kind they start clearing a spot for in Canton, until he brings home a championship.

"He craves a Super Bowl," said former Falcons teammate Tony Gonzalez, now an analyst for CBS. "Absolutely it would change the national perception of him. It would change the perception he has of himself. ... It would change everything for him."

Ryan has certainly had a stellar career up to now, and even his performance a year ago — generally viewed as the worst



Matt Ryan has helped guide the Falcons to an NFC South title and the NFC championship game. KEVIN C. COX/GETTY IMAGES

of his career — really wasn't all that poor statistically. But it certainly wasn't up to his standards, largely because the Falcons finishing 8-8 after winning their first five games.

Like any top player, Ryan is fastidious about his preparation. But something really clicked this year in the way he gets ready for a game. Nothing seems to faze him. No situation appears to catch him off-guard.

A more comfortable relationship in his second year with offensive co-ordinator Kyle

Shanahan is usually offered up as the most logical reason for Ryan's transformation. But it runs deeper than that.

"I feel well-prepared week in and week out. I feel ready and confident when we get to games," Ryan said Wednesday. "Do I feel like I've gotten to a place where I'm doing it better than I've done it up to this point? Absolutely."

No argument there. Ryan completed just under 70 per cent of his throws during the regular season, and finished with a career-best 38 touch-

downs and 4,944 yards — and a career-low seven interceptions — while leading the Falcons (12-5) to the NFC South title.

Ryan shrugs off any speculation about what a victory Sunday might mean to his legacy, but others know how important this is.

"We've come to a day and age where it's how many Super Bowls were you in? How many victories did you have? How did you play in the so-called big games?" said Phil Simms, who was with the New York Giants for a pair of Super Bowl titles. "It's really big for his — and it's a word I hate to use — but his legacy. That's just the way it is."

THE ASSOCIATED PRESS

He's on a roll now and peaking as a player.

Tony Gonzalez

Brown apologizes for livestreaming video



Antonio Brown's Facebook Live video had 900,000 views before being removed. KEITH SRAKOCIC/THE ASSOCIATED PRESS

Antonio Brown insists he didn't mean to disrespect his coach or create a distraction when the All-Pro wide receiver livestreamed the raucous aftermath of the Pittsburgh Steelers' playoff win over the Kansas City Chiefs last week.

The ever social media savvy Brown also didn't rule out doing it again.

Even as Brown apologized for his decision to let his over 650,000 Facebook fans in on a usually private moment — one that caught head coach Mike Tomlin using a profanity

to describe the New England Patriots — he played coy Wednesday when asked if he's going to leave his camera off the next time the post-game locker-room door is closed.

"I guess you've got to wait and see," Brown said.

I wanted to give the fans an intimate experience.

Antonio Brown

In a way it was "AB being AB," a phrase often repeated by Brown's teammates whenever the exuberant star's antics cross the line from harmless fun into something they find themselves having to explain.

The past three days fell into the latter, with Pittsburgh's preparations for its AFC championship meeting with New England taking a back seat to Brown's 17-minute post that forced Tomlin to chastise one of the league's best players for something Brown considered innocuous. THE ASSOCIATED PRESS

UFC

Halifax card to get another main event

The UFC is working on a new main event for next month's Halifax card after Stefan (Sky-scraper) Struve was forced to pull out of his scheduled fight with Junior Dos Santos due to a shoulder injury.

It was slated to be the feature bout on the Feb. 19 Fight Night card at Scotiabank Centre.

Struve recently had to undergo surgery to repair a torn labrum in his shoulder, a UFC spokesperson said in an email. Organizers are

23

The televised show will be the UFC's 23rd in Canada and second in Halifax.

working on finalizing a replacement fight and an update is expected soon.

The seven-foot Struve (32-8) is currently ranked 10th among heavyweight contenders.

THE CANADIAN PRESS

HOCKEY

Patrick tops skater rankings for draft

Brandon Wheat Kings forward Nolan Patrick was named the top North American draft-eligible skater for the 2017 Draft by the NHL Central Scouting Bureau on Wednesday.

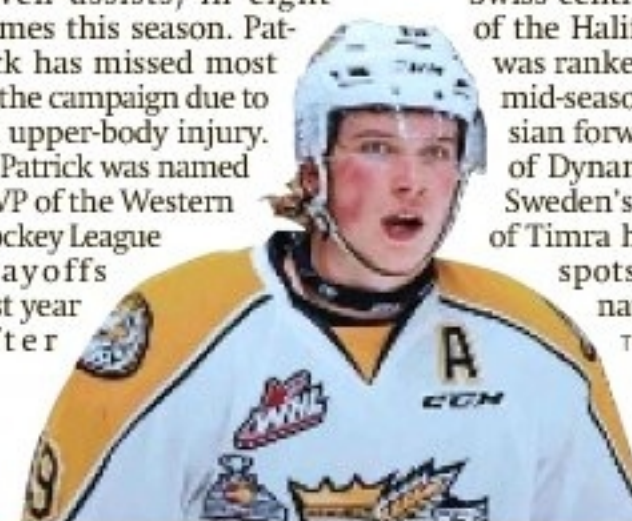
He has 13 points (six goals, seven assists) in eight games this season. Patrick has missed most of the campaign due to an upper-body injury.

Patrick was named MVP of the Western Hockey League playoffs last year after

helping Brandon win its first championship in 20 years. The Winnipeg native could be the first WHL player drafted No. 1 overall since Ryan Nugent-Hopkins was selected first by the Edmonton Oilers in 2011.

Swiss centre Nico Hischier of the Halifax Mooseheads was ranked second on the mid-season list while Russian forward Klim Kostin of Dynamo Moscow and Sweden's Elias Pettersson of Timra held the top two spots among international skaters.

THE CANADIAN PRESS



Nolan Patrick CHL IMAGES

IN BRIEF

Bautista officially back with the Blue Jays

Toronto Blue Jays outfielder Jose Bautista decided to test the free agent market this off-season. A return to the city where he blossomed into one of the game's top sluggers turned out to be the best fit.

The Blue Jays confirmed Wednesday that Bautista has re-signed with the team, agreeing to a one-year deal with a guaranteed base salary of \$18 million US. The contract includes options that could see him stay in Toronto through 2019.

THE CANADIAN PRESS

Bouchard returns to third round of Australian Open

Canadian Eugenie Bouchard is back in the third round of the Australian Open for the first time in two years after defeating China's Peng Shuai 7-6 (5), 6-2 on Wednesday.

Bouchard, who reached the semifinals of the Australian Open in 2014, finally closed it out after Peng saved three match points on the Canadian's serve at 5-1 in the second set.

Her next opponent will be American Coco Vandeweghe.

THE CANADIAN PRESS

MAKE IT TONIGHT

Satisfying Egg Drop Soup



PHOTO: MAYA VISNVEI

Ceri Marsh & Laura Keogh
For Metro Canada

Hang up the phone! Forget bringing dinner in because this version of a traditional takeout soup has more heft thanks to the addition of asparagus. Plus it has cheese. Nothing trumps cheese.

Ready in 20 minutes

Prep time: 10 minutes
Cook time: 10 minutes
Serves 4

Ingredients

- 4 cups (950 ml) low sodium chicken broth
- 1/2 cup (120 ml) chopped asparagus
- 2 Tbsp (30 ml) unsalted butter
- 1/4 cup (60 ml) chopped onion
- 2 eggs, beaten
- 1/4 cup (60 ml) fresh

grated Parmesan cheese, extra for garnish
• sea salt and pepper to taste

Directions

1. In a large pot, place butter, asparagus and onion. Saute until vegetables are soft but crisp. Add broth and bring to a simmer, allow to simmer for 5 minutes.

2. Meanwhile, beat eggs and add Parmesan cheese. Then drizzle eggs into broth. Lightly stir until eggs are cooked. Lower heat and allow to cook another 5 minutes.

3. Ladle into bowls, sprinkle top with Parmesan and serve.

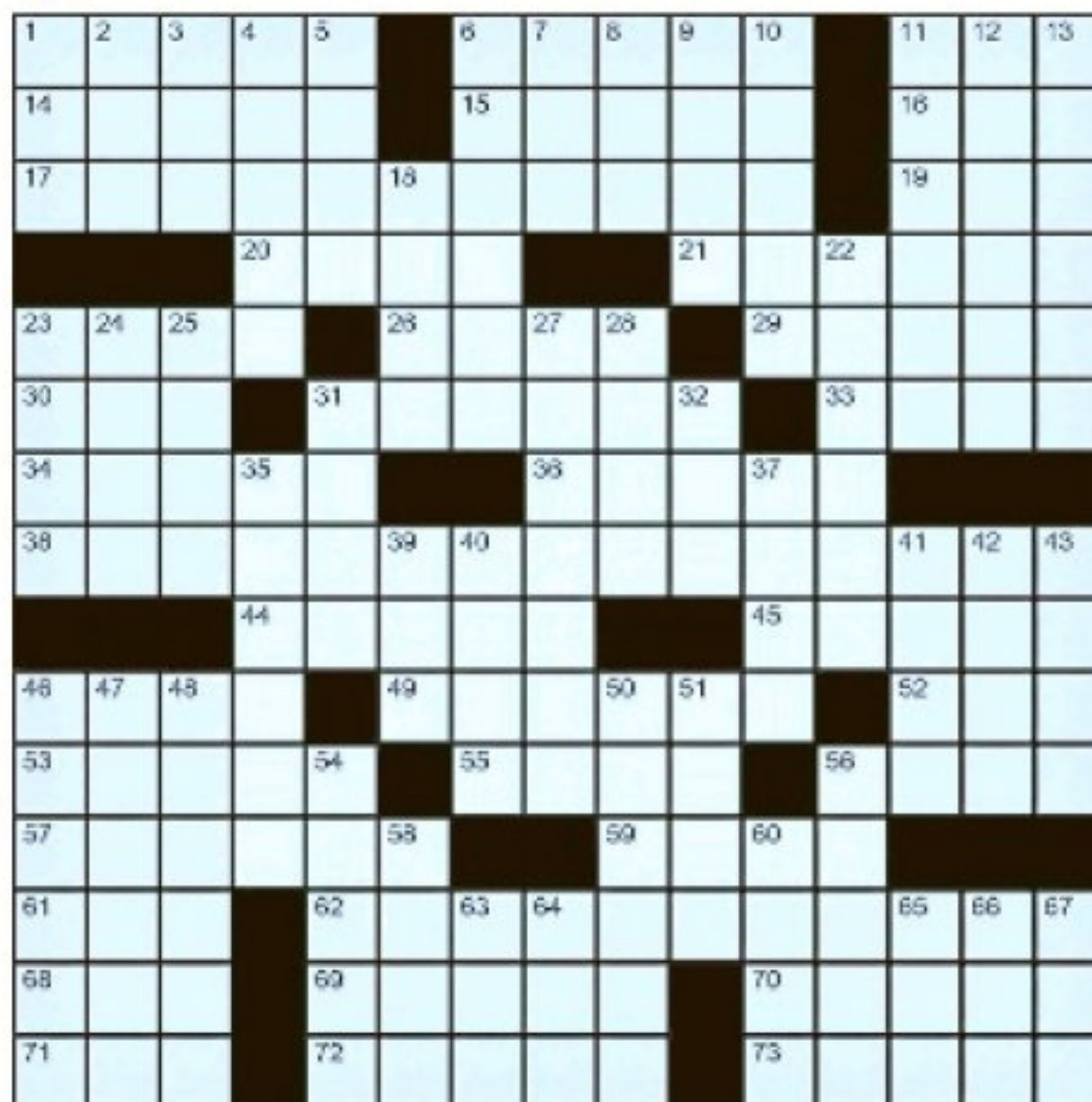
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CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

- Recording artist Nicki of "Super Bass"
- Cabbage Kids connector
- Mr. Waxman's
- Diner's initial request: 2 wds.
- Honda luxury car
- Cheers bartender
- Long ___ into Night (Eugene O'Neill play in which #62-Across starred in the 1996 filmed version)
- Fashion designer Anna
- Belonging to us
- Bon Jovi's "We ___ Born to Follow"
- Unlock
- Quick little times
- Trench
- Gun the engine
- Ranch enclosure
- Rather grey
- Fish-holding basket
- "The Little Mermaid" (1989) princess
- Shakespeare's jolly knight: 3 wds.
- White-plumed heron
- Gambling card game
- Country singer Mr. Church
- Fitting/suitable
- "Pepper" add-on (Deli item)
- Mr. Hall, Canadian game show host
- Squirrel's nest
- Coutler and Landers
- Martin of "12 Angry Men" (1957)
- Little bit of residue
- Singer's trophy



- [acronym]
62. Canadian stage actor (b.1920 - d.2007) who performed at Stratford in roles including #38-Across: 2 wds.
68. Pastureland
69. ___ record (Use the gramophone)
70. Ms. Van Doren

- Cookies brand, ___ Fields
- Canadian Art: The Group of ___
- Skier's American destination

DOWN

- "___ About You"
- "___ little teapot..."

- Napoleonic Wars marshal
- "Happy Days" star Mr. Williams
- Ms. Chang (ABC's "Nightline" co-anchor)
- One using the TV clicker's temporary stoppage button

- Horiz.
- Large cask for wine
- Movie's work force
- Worked with bales on the farm, say
- Holdings
- "Failure to ___" (2006)
- Anvil-user's

- workshop
- About: 2 wds.
- Commercial area of Venice
- Tolkien creatures
- Ms. Gilpin
- "At all?"
- Artisan
- Cake make, ___ Lee
- Drain problem
- Comical Mr. Abner
- What the pilot does before crashing
- Behold
- Minutes create them over time [abbr.]
- Shortage
- "Right Now (Na Na Na)" singer
- "Twin Peaks" actress Sherilyn
- Post-Thurs. days
- Do mummy work
- Wanderer
- Mosaic components
- Average
- Vega constellation
- Woof-woofs whinily
- Turkish honorifics
- "8 ___" (2002) starring Eminem
- Jane Austen novel
- Washroom, for short
- Alkali
- Official at the diamond, commonly
- Affiliation
- Perfect rating

* IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
For the next four weeks, you will be more popular. You might join a club, group or organization. Enjoy being friendly!

Taurus April 21 - May 21
People in authority will admire you during the next four weeks. Because of this, you have an advantage. Go after what you want!

Gemini May 22 - June 21
If you can travel in the next four weeks, do so. Do anything that will expand your horizons, because you want adventure and a chance to learn something new.

Cancer June 22 - July 23
During the next four weeks, your focus will be on shared property, shared responsibilities and issues related to inheritances, insurance matters, taxes and debt.

Leo July 24 - Aug. 23
Partnerships and close relationships will be a strong focus for you during the next four weeks. You will find that you can reflect upon your style of relating with others and learn something from it.

Virgo Aug. 24 - Sept. 23
You will be eager to be productive and effective in everything you do during the next four weeks. That's why you will want to do an excellent job!

Libra Sept. 24 - Oct. 23
Fun vacations are tops on your menu throughout the next four weeks. If you can't get away on a vacation, then enjoy the arts, social outings, parties, sports events and playful times with kids.

Scorpio Oct. 24 - Nov. 22
During the next four weeks, your focus will turn to home, family and domestic issues.

Sagittarius Nov. 23 - Dec. 21
The pace of your days will accelerate during the next four weeks, because you will be busy taking short trips, running errands, talking to people and reading, writing and studying more. Busy you!

Capricorn Dec. 22 - Jan. 20
Your mind will be on money, finances and cash flow more than usual during the next four weeks. Trust your moneymaking ideas!

Aquarius Jan. 21 - Feb. 19
Because the Sun in your sign for the next four weeks, you have a chance to replenish yourself for the coming year. It also will attract favourable situations and important people to you.

Pisces Feb. 20 - March 20
Work alone or behind the scenes throughout the next four weeks, because this will serve your best interests. It's a good time to make goals for the year ahead.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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